

Aspire, AA and Oceans Reflection (300 word minimum)

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<p>Safety & Quality Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I respected everyone's background and greeted everyone. I did not make any rash judgments over them or anything they were struggling with.</p>
<p>Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing:</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge? • Can you apply these learnings to other events? How can you use this to further improve your practice in the future? • What have you learned from clinical? 	<p>I was making connections when Robin talked about how when alcohol & cocaine are taken together, it enhances the effect much more. I could also apply knowledge of denial of whether they were to say they are addicted or not after some said initially they denied it but later came to terms. I can use this by approaching addicts differently.</p>
<p>Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One person I had concerns of was the one who felt hopeless as that's a major obstacle to even try to push forward. I'd recommend rational thinking and outweighing the pros vs. cons.</p>
<p>Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?)</p>	<p>I maintained professionalism by treating everyone with respect and not differently just because they have their own stigmas. This taught me that personal wounds can</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by reassuring one person that he was doing a good job and that I am glad he's taking the steps to change for his kids.</p>
<p>Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the outcome? • What is the most important emotion or feeling you had? 	<p>Initially I felt a little out of place but felt more comfortable as I was getting to know everyone. I was thinking how I can relate to my own experience in my own types of struggles. The event made me more grateful. I felt the pain they described & the hopelessness because I would tie it back to events in my own life. I thought the outcome was great and I felt think</p>
<p>Evaluation</p>	<p>the most important feeling I had was the feeling that I am not alone when I have similar feelings as them for different struggles.</p>

What stood out the most about Aspire, AA, or
Oceans

The brotherhood is something that can be
a very important factor for some to
keep accountability & motivate each other.
I believe it is just like how iron
sharpens iron.